



Skills For Life

“Skill for Life” is an interactive courseware (ICW) developed to address a multitude of problems that arise during the careers of some of our sailors. Although most of these issues affect our very young sailors, we have discovered that there are critical points in a sailor’s career that can result in the reemergence of these problems until approximately the age of 23 and after. Thus, this ICW has been developed with that target audience in mind.

As you review the courseware, you will note the topics identified below are covered in detail.

- Navy Core Values
- Alcohol
- Drugs, Club Drugs and Ecstasy
- Drug Testing and Screening
- Financial Responsibility
- Decision Making and Stress

The individual using this ICW is guided through a series of questions until complete mastery is obtained. In fact, “Skills for Life” is based on five levels of recall and the learner has to master the highest level (five) before “total recall” is achieved. Studies reflect that using conventional training results in the learner retaining about 20% of the material after four weeks. With this strategy, the learner retains almost 100% of the material after four weeks.

The average individual will spend between seven and 10 hours to master all the questions. Short and frequent study sessions of between 10 and 30 minutes daily are recommended. The learner is provided daily feedback regarding immediate and long-term performance. As well, the supervisor can track the progress of the user.

Of course, the objective of providing you this learning tool is to help our sailors. There is alarming evidence of the horrific impact that alcohol and drug abuse have not only on our sailors but also our society. We believe alcohol and drug abuse by our young men and women can be drastically reduced if we arm them with the necessary knowledge to make good decisions. It is our belief that the information presented by this enclosed intervention tool will make a difference.

Please contact the Navy Alcohol and Drug Abuse Prevention Program (NADAP) office at (C) (901) 874-4626; DSN 882-4626 or E-Mail: p603b@persnet.navy.mil if you have any questions.